

# Listen You Women Your Breasts Are Precious

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BY DAWN ROSS




## Acknowledgements

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Werte, Unte Merte, That's hello how are you, all good in Arrernte.

First of all I would like to acknowledge the custodians both past and present of this land that we meet on here today. And I would also like to thank Cancer Australian for allowing me to share my journey through Breast Cancer with you all. Thank you.



# My Story

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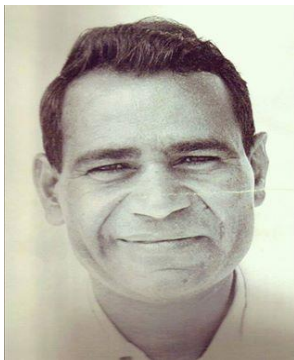
My name is Dawn Ross (Penangke), I was born in Alice Springs to a father of Eastern Arrernte/Kaytetye decent, his name was Don Mack Pengarte, now deceased, he had cancer of the throat, RIP dad. My mother is a Western Arrernte woman, Jean Mack (Ampetyane) who is now 82 years old. I have 4 siblings. I attended school in Alice Springs. I only reached year 11 at high school. I am married with 4 children 1 boy Niki and 3 girls Lynette, Paula and Hannah. I also have 4 grandchildren Akira, Elijah, Angel and Angus.

After losing dad and watching him suffer, motivated me to be more involved, to try to make the 'cancer journey' smoother for our people. I was involved as a consumer in the NT Governments Cancer Care Optimisation Group in developing a NT Cancer Plan, as well as the ATSI Cancer group developing a booklet for Aboriginal people.

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## My Parents

DON MACK PENGARTE



JEAN MACK AMPETYANE



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I was also involved in the “Listen you Women your Breasts are Precious”, I was the Narrator and story teller in this DVD. I felt privileged to be asked to be involved in this project. I worked with four (4) strong Aboriginal women on this project, who came from the Arrernte, Alyawarre and Anmatjere language groups, who shared their experiences of breast cancer in a moving and powerful way, with the aim of raising awareness and encouraging other Aboriginal women to go forward for investigation and treatment and taking ownership of their health and getting signs and symptoms investigated. The DVD Shows processes such as mammogram and ultrasound it explains that any woman/man indigenous or non-indigenous, can get breast cancer, and it is very important to keep going for medical treatment to deal with the cancer even if you think you’re ok, even when you don’t feel like going.

The DVD video show how motivated these women are in dealing with cancer so that they can survive and continue to look after their children and grandchildren. We let women and families know how importance it is getting support from family and support from remote area nurses. Promoting strong messages of awareness for women to look after their breasts

***Please note that the DVD is not designed for an open viewership and is an educational tool, which contains some sensitive material.***

As directed by the elders involved with this production, its intended audience is all women, husbands of women diagnosed, and all health professionals and health workers. We believe that knowledge, translation and education are the key to the success of this project.

For this reason we have translated the content into four major Central Australian languages. Warlpiri, Pitjantjatjara, Arrernte and Anmatyerre.

Its purpose and messages are relevant to all women.

## WARNING

**Aboriginal and Torres Strait Islander viewers  
should exercise caution when watching  
this program as it may contain  
images and voices of deceased persons**

## Important Message

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As you know it is important to help your partner and support her/him, this makes a big difference to their recovery, it helps them recover much quicker, many times you will feel like crying, but just being there for them is all they need, you can also help them with little things like house work and looking after the children. When I was diagnosed, I was lucky to have my husband there, who came with me to my appointments and listened for me, because when the doctor was talking to me and explaining things to me I was listening but nothing was sinking in. All the information the doctors gave me, was just going through one ear and out the other side, your friends or partners support would be much appreciated. My sister in-law Ginga looked after my kids for six weeks while I was away getting treatment. Although my youngest daughter Hannah didn't appreciate it as much as I did.

# Positive Side To Breast Cancer

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After being diagnosed it made me think about life. I was just living, looking after everyone else, working, cleaning looking after kids and making sure they got to school, before I went to work, wash clothes etc, just living and working, like a machine, not really thinking about anything else, just living.

So when I was asked if I would like to join a group of women to travel overseas to Nepal, I said why not, before that I wouldn't even have thought of travelling overseas, I started saving for the big trip and haven't stopped travelling since

Show short DVD. If there's any time left over

